Army Substance Abuse Program

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(804) 734-9079/9177

Alcohol and You

Facts about Alcohol

- **In the U.S., one in every 13 adults get into serious trouble due to their drinking**
- **700,000 Americans receive treatment for alcoholism on any given day**
- **Alcohol-related problems cost society 185 billion dollars annually**
- **Alcohol and medication interactions maybe a factor in 25% of emergency room admissions**

Facts about Alcohol

- **The mixing of alcohol and prescribed medications or illegal drugs can lead to death**
- **It is illegal to buy, possess or consume alcohol if you are under the age of 21. The only exception to this is all soldiers who are on the installation.**
- **Once an underage soldier, who has been drinking alcohol, leaves the installation, he/she is subject to state law (21). Regardless of where the alcohol was consumed**

Facts about Alcohol

- **Nearly one half of all highway fatalities involve either a driver or a pedestrian who has been drinking (Nationwide)**
- **El Paso, last calendar year, more than 50% of all traffic fatalities were alcohol related**
- **One in 17 cars on the road are DWI, Nationwide**
- **El Paso, last year, was one in five**
- **One third of drunk drivers are repeat offenders**

A Standard Drink

- **One 12 ounce bottle of beer**
- **One 5 ounce glass of wine**
- **one 1.5 ounce of distilled spirits**

All of the above contain the same amount of alcohol.

Assess your Drinking

The Audit (Alcohol Use Discorders Identification Test) was developed by the World Health Organization. Answer the following questions about your use of alcoholic beverages (beer, wine, vodka, etc.) as it relates to the past 12 months.

Score your answers on a piece of paper using the bold numbers in front of each answer.

It is important to remember:

that when taking this questionnaire, the scale only suggests that you may want to consider seeking assistance and is not based on fact, merely suggesting that a lifestyle change may need to occur. **This in no way replaces the need for medical or psychological help.**

1 How often do you have drink containing alcohol?

0 - Never **1** - Monthly **2** – 2-4 Times a month

3 – 2-3 times a week **4** – 4 or more times a week

2 How many drinks containing alcohol do you have in typical day when you are drinking?

0 – 1-2 **1** – 3-4 **2** – 5-6

3 – 7-9 **4** – 10 or more

3 How often do you have six or more drinks on one occasion?

0 – Never **1** – Less than Monthly **2** – Monthly

3 – Weekly **4** – Daily or almost daily

4 How often during the last year have you found that you were not able to stop drinking once you started?

0 – Never **1** – Less than Monthly **2** – Monthly

3 – Weekly **4** – Daily or almost daily

5 How often during the past year have you failed to do what was normally expected from you because of drinking?

0 – Never **1** – Less than Monthly **2** – Monthly

3 – Weekly **4** – Daily or almost daily

6 How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?

0 – Never **1** – Less than Monthly **2** – Monthly

3 – Weekly **4** – Daily or almost daily

7 How often during the last year have you had a feeling of guilt or remorse after drinking?

0 – Never **1** – Less than Monthly **2** – Monthly

3 – Weekly **4** – Daily or almost daily

8 How often during the last year have you been unable to remember what happened the night before because you had been drinking?

0 – Never **1** – Less than Monthly **2** – Monthly

3 – Weekly **4** – Daily or almost daily

9 Have you or any one else been injured as a result of your drinking?

0 – Never **1** – Less than Monthly **2** – Monthly

3 – Weekly **4** – Daily or almost daily

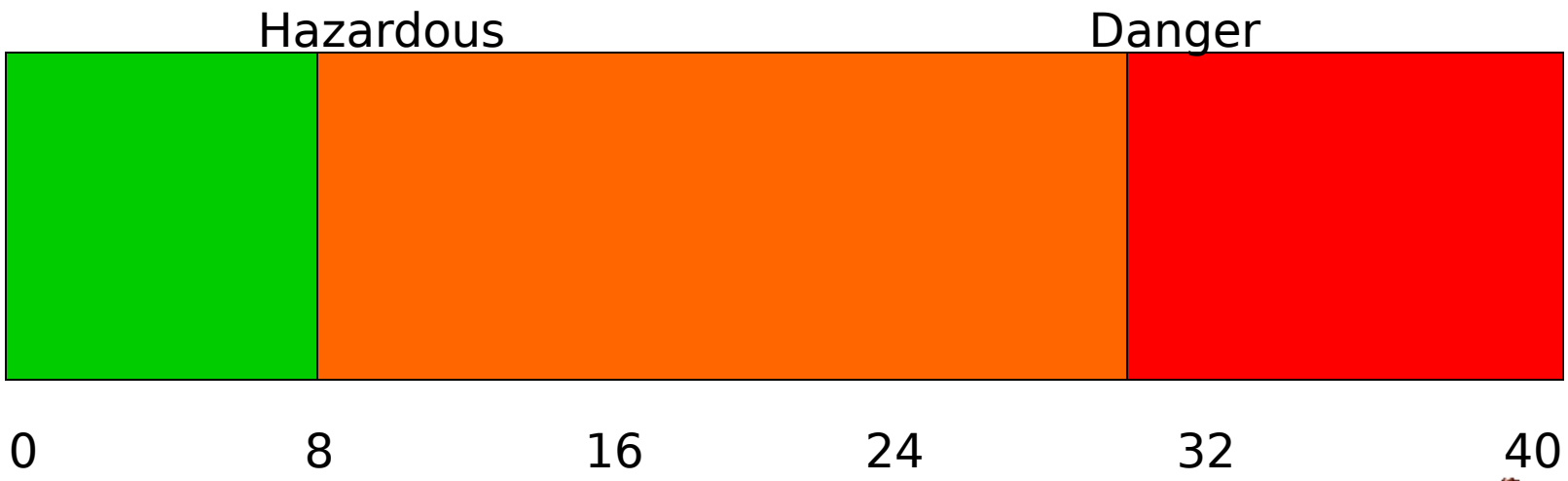
10 Has a relative, friend, doctor or health worker been concerned about your drinking or suggested you cut down ?

0 – Never **1** – Less than Monthly **2** – Monthly

3 – Weekly **4** – Daily or almost daily

Scoring the AUDIT

- The minimum score is 0 and would represent a non-drinker or someone who is now abstinent
- A score as low as “8” or more indicates a strong likelihood or “Hazardous/Harmful” alcohol consumption
- The maximum possible score is 40. Anyone remotely close to this score should seek professional help as soon as possible


Hazardous
Danger
0
8
16
24
32
40

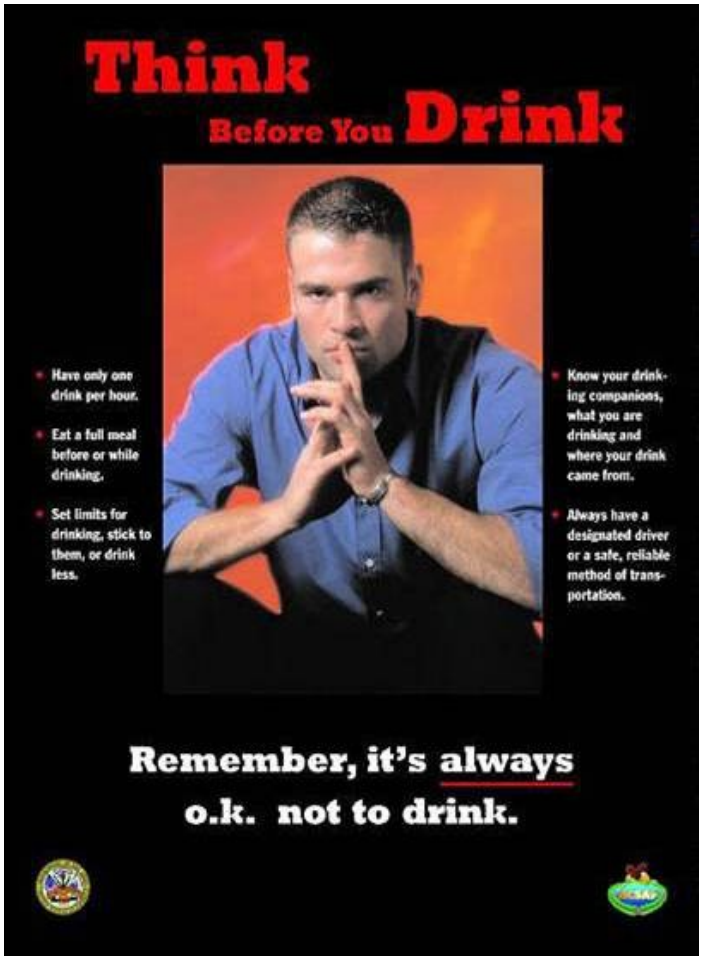
Need Help?

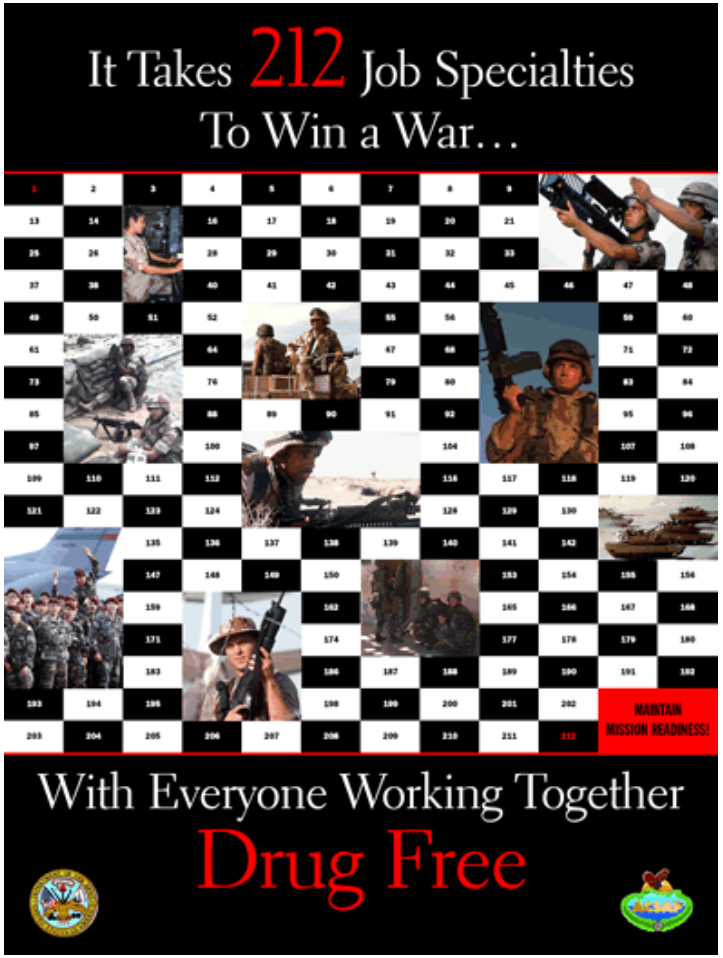
Need to Help a Friend?

Information?

Talk with your Supervisor

Contact the ASAP: (804) 734-9079


Think
Before You Drink
Have only one drink per hour.
Eat a full meal before or while drinking.
Set limits for drinking, stick to them, or drink less.
Know your drinking companions, what you are drinking and where your drink came from.
Always have a designated driver or a safe, reliable method of transportation.
Remember, it's always
o.k. not to drink.


It Takes 212 Job Specialties
To Win a War…
MAINTAIN MISSION READINESS!
With Everyone Working Together
Drug Free